

100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrshsny.org

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Summer Ice Cream Social

MRHS and MGCA will be offering an ice cream social to the Morningside Gardens community on **Thursday, August 7 from 6:30 to 8:00 PM** in the plaza in front of building II. We hope this will be a fun intergenerational event to celebrate summer 2014.

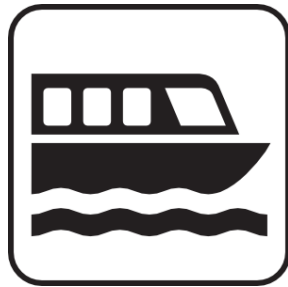


MRHS Board members and staff and representatives from MGCA will be present to provide information, but the main focus of the event will be fun and fellowship! Everyone is invited to attend including, of course, children of all ages!

Hudson Highlands Boat Cruise

Come join **MRHS** on a cruise through the majestic **Hudson Highlands aboard the Pride of the Hudson.**

Our Hudson River Adventure begins at the Newburgh Landing in Newburgh, NY. The Captain will present a narration of the sights along the Hudson River including **Mt. Beacon, Bannerman Island, Storm King Mountain, Breakneck Mountain, The Catskill Aqueduct, World's End, Cold Spring, and West Point.** The trip includes a box lunch with a choice of a Roast Beef, Turkey or Ham & Cheese sandwich, Pasta Salad, Fruit Salad or Chocolate Chip Cookies and a Cup of Soda, Juice, Coffee or Water. Reserve today by calling MRHS at (212) 666-4000!



DATE: Wed., August 27 PRICE: \$50.00
DEPART: 11:00 AM RETURN: 4:30 PM

Intergenerational Summer Computer Learning Pop-Up Computer Lab

As part of our *Intergenerational Summer Computer Learning Program*, we're excited to announce the opening of our **Pop-Up Technology Lab**. The Lab will be a dedicated space with computers and tablets available for use. The Lab will be open through August 15 and will include instruction from our summer student volunteers. We welcome the MRHS community to sit with one of our volunteers and start a blog, build a website, join facebook, or even tweet.

For more info, contact Joanna Stolove at 212-666-4000 or joannas@mrshsny.org.

Scheduled times for the Computer Lab are as follows:

Monday	9:30 AM to 12 Noon
Tuesday	9:30 AM to 3:00 PM
Wednesday	9:30 AM to 12 Noon
Thursday	9:30 AM to 3:00 PM
Friday	9:30 AM to 12 Noon <i>and</i> 2:00 PM to 5:00 PM

MRHS Art Apartment 6/27/14



Director's Column

As I mentioned last month, the MRHS Board of Directors suggested that I write about each word in MRHS's name to help explain what MRHS is all about. Having completed my exegesis of "Morningside" I now move on to "Retirement."

Probably no word in our name has changed in implication as much as this one. To illustrate: none of my grandparents lived to the age of 70. When my grandmother died in her mid-sixties in 1965, despite all the hysterics of an Italian funeral no one lamented that she had died at a young age. But when my mother died at the age of 64 in the 1980's, everyone felt that she had passed away at a relatively young age. In just one generation much had changed in our lifespan expectations and much, of course, has continued to change.

When my grandparents were in their sixties they were considered old and used up. Generally, people retired in their sixties and expected to hang on for a few more years of failing health. Nowadays, as people in the developed world have come to expect good health well past their seventh decade, retirement has almost taken on the feel of getting ready to go to college. The retirement years have provided people with the opportunity to scan the world of possibilities before them. Many people have the opportunity to dedicate themselves to passions that were not possible while in the workforce. Many retirees use their acquired skills to do meaningful volunteer work in their communities or abroad. Many dedicate themselves to lifelong learning projects or interesting travel adventures. Some embark on new careers or become entrepreneurs.

MRHS still assists residents with the nuts and bolts of retirement that the word originally implied. We assist residents with their benefits and with planning for their future years. As fewer and fewer older adults are receiving retirement benefits in the form of a defined pension, we are seeing older adults even at Morningside Gardens who have to continue or join the workforce out of necessity. This number is expected to increase. Retirement, thanks to improved health conditions and changing social mores, has become a time of opportunity for many, though remaining a challenge for others. The work of MRHS is to try to address all these issues.



Happy August Birthday!!

To: Anne Burley, Fungying Chao, Vicki Chen, Carlotta Damanda, Corliss Hanson, Marjorie Horton, Phyllis Johnson, Ruby Johnson, Margaret King, Emil Koehler, Phyllis Mais, Dana Minaya, Rajdai Puran, Iris Shen, Lotte Strauss, Susan Wersan, Llewellyn Williams, Lucienne Yoshinaga.



Do you have a friend, relative, or neighbor in the Gardens who is having a birthday this month? Come and celebrate with MRHS!

People with birthdays in August are all invited to our Birthday Party! Come on **Tuesday, August 19th 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

MRHS Celebration of Grandparents' Day 9/6/14

For the second year in a row MRHS is celebrating Grandparents' Day. We will start with a special film on **Saturday, September 6 at 2:00 PM** in the **Tuttle Center**. The film is **Hope and Glory** a story of a young boy and his family living through the London Blitz. In the film he has the chance to really come to know his grandfather.

Following the film, thanks to a donation from **Yes! Solutions**, we will again have **Cream Puffs and Magic**. Please join us for this delicious and fun event featuring **Randy Masters**, who performs close up magic and mind reading, while interacting among the guests.

Come with your grandchildren of any age or perhaps you will just enjoy the company of the grandchildren of others. So, save the date—**September 6!**

**Saturday Afternoon Movies resume
on September 6.*****

Just a Reminder

Tuesday Lunch – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the Tuttle Center.



MRHS Sing-Along –Come to the Sing-Along every **Tuesday at 1:00 PM**.

MRHS Office Hours – The following is the MRHS Tuttle Center schedule:

Monday Tuesday Wednesday Thursday Friday
9 – 6 9 – 6 9 – 6 9 – 6 9 – 6

Nurse's Hours – Marie Phillips' schedule:

Monday Tuesday Wednesday Thursday Friday
9 – 4 9 – 4 9 – 4 9 – 4 9 – 4

Hypertension Screening –resumes on **Wednesday September 10**.

The Fairway Shuttle departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

Nurse Marie Phillips' "Take Charge of Your Health" group will resume in the fall.

"Later Life Transitions" group's next meeting will be announced soon.

The **MRHS Book Club's** next date will be announced soon. Look for the notices. All are welcome to join this stimulating literary group.

For Your Information

If you have information that you think will be useful to Morningside Gardens' residents and you want it announced, please send the information to the MRHS office by the third Friday of the month (i.e. Friday, August 15). Please print clearly or type all information that you want included in the Newsletter. *

***Due to space limitations, it may not be possible to include all information submitted.**

Publication of the Newsletter is made possible by a grant from Columbia Community Services.

Flea Market/Holiday Bazaar

MRHS is now accepting donations for this fall's Flea Market. We will accept donations **one evening a month, this month on Tuesday, August 19 between 7:00 and 9:00 PM and one afternoon per week from 2:30 PM to 4:00 PM continuing till Flea Market Time. This month the dates are Thursday, 8/7, 8/14, 8/21, 8/28.** Volunteers will be available to collect donated items in the Recreation Center (library room) by the entrance to the basement of 100 La Salle.



Flea Market dates are **November 14, 15, and 16, 2014**.

Volunteers Needed: to assist with the collection of these donations; to serve on committees (Community Outreach, Publicity; Collection/Pricing). Morningside teenagers welcome to join in. Community-service credit is available. We especially need volunteers who can help with lifting and transporting items. We also need donations of old newspaper and strong boxes for packing. Contact the MRHS office at 212-666-4000 to volunteer.

Volunteers who participate in the sorting and collecting will be allowed to purchase a limited number of items before the actual sale. Contact MRHS to sign up for one day or every day we're collecting.

Summer Community Service Opportunity for HS Students

Opportunity for Morningside Gardens High School Students -

MRHS will be hosting a Pop-Up Computer Lab. This will be an intergenerational lab for students to offer their knowledge to the MRHS community. The Lab can only be open when there are available volunteers. Contact MRHS for more information.

Big Yearly Recycling Event

Save Your Stuff!!

Saturday, August 16, 2014 is the date for a combined e-waste and textile recycling collection on La Salle Street at the Grant Family Day block party. We will be collecting from



10:00 AM to 4:00 PM on each side of **La Salle Street across from Building 100**. If you need help carrying your recyclables to the site, please call Joan Levine or Marie Ledoux at the numbers below **before** August 16. On the day of the event, come out to La Salle Street and ask a member of the Sanitation Coalition team for help.

Electronics – We will accept computers, fax machines, TVs, VCRs, DVRs, DVD players, portable music players, AV equipment, Video Games, pagers, phones, answering machines. **We will NOT accept** microwaves, refrigerators, air conditioners, smoke detectors and carbon monoxide detectors. Our vendors for electronics are ***The Lower Eastside Ecology Center and Tekserve.***

Textiles –We will accept all clean clothes, clean torn textiles of all kinds including rags, shoes, belts and handbags. Our vendor for textiles is ***Wearable Collections.***

The event is sponsored by ***The Morningside Heights/West Harlem Sanitation Coalition, Inc.***

Questions? Or to volunteer to help: Call Joan Levine at 212 666-6157 or Marie Ledoux at 212 866-8348.

We hope to see you on August 16!

***Joan Levine,
Co-Chair Sanitation Coalition***

You are never too old to set another goal or dream another dream.”
-CS Lewis

Reading History Program Starts New Book

This fall the Reading History Group, led by **Beatrice Gottlieb** (Bldg. V), begins a new selection. The book is ***The Family in the Western World from the Black Death to the Industrial Revolution***, (1994) written by Beatrice Gottlieb who is leading the group.

The group meets every other Thursday for two hours. The book is read slowly and carefully (one or two chapters will be assigned per meeting) and there is a lot of opportunity for discussion. In this case discussion may include focus on the group members' actual families and you will see that the family has indeed changed.

Meetings will begin on **Thursday, September 11, 2014**. Openings are available to bring the group up to a maximum of 12 participants. There is no fee except for the cost of the book, estimated to be around \$35. Please call MRHS at 212-666-4000 to sign up.

Sign up for the MRHS Blog at
<http://www.mrhsny.org/blog>

MRHS Photos?

Have you taken pictures at an MRHS program or event? We would love to have those images to share on our website. Please forward any images to Joanna Stolove at JoannaS@mrhsny.org.



Summer Stretch and Tone

This **summer “Stretch and Tone”** classes continue. Classes will be held every Wednesday from 10:00 AM to 11:00 AM in the Thurgood Marshall Room, 80 La Salle. Class is structured around a specially selected video and led by trained volunteers. Here's a great opportunity to stay in shape this summer and have some fun too. All are welcome.